

## ABSTRACT OF THE DISCLOSURE

In an optical recording medium having a plurality of recording layers of a double-spiral structure in which information is recorded on both of land tracks and groove tracks, the spiral of a first recording layer (1) is in the forward direction, the spiral of a second recording layer (2) is in the backward direction, first information is recorded on one of the land track (1B) and the groove track (1A) of the first recording layer (1) in the direction from the inner periphery toward the outer periphery of the optical recording medium, and second information subsequent to the first information is recorded on one of the land track (2B) and the groove track (2A) of the second recording layer (2) in the direction from the outer periphery toward the inner periphery of the optical recording medium.